

அவியன பேர்ட் சுலத்தில் அனு (சாமுகா பெலு) விளைய, 2015 தேதிகளில் கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரிசீலனை, 2015 டிசம்பர் General Certificate of Education (Ord. Level) Examination, December 2015

ஸ்ரீவாஸ குருவிற்க அடிமைப்பகுதி	I,III
சுகாதாரமும் உடற்கல்வியும்	I,III
Health and Physical Education	I,III

86 | E | I, II

86 | E | I, II

Health and Physical Education - I

Note :

- (i) Answer all questions.
(ii) In each of the questions 1 to 40, pick one of the alternatives (1), (2), (3), (4) which you consider as correct or most appropriate.
(iii) Mark a cross (X) on the number corresponding to your choice in the answer sheet provided.
(iv) Further instructions are given on the back of the answer sheet. Follow them carefully.

1. "Good health will be helpful for a productive learning and productive learning will be helpful to maintain good health."

The above statement is

 - correct.
 - incorrect.
 - correct to a certain extent.
 - impossible to decide whether correct or incorrect.

2. Although he frequently shows some signs of anger, he is well-disciplined, handsome, efficient and popular. He is

 - a person with total personality.
 - a person with total health.
 - a person who is concerned about health promotion.
 - a person who should improve his mental status to become an individual with total health.

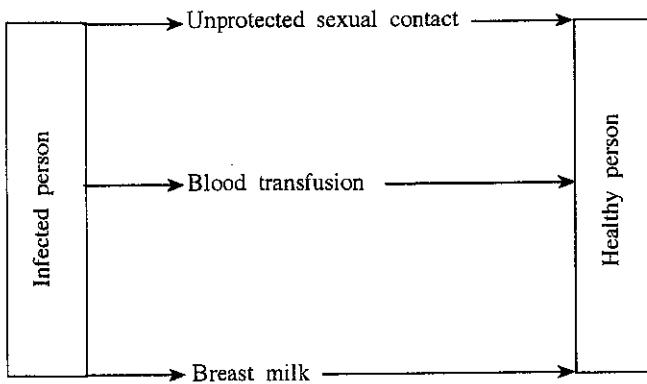
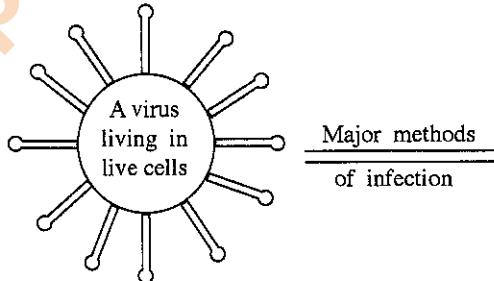
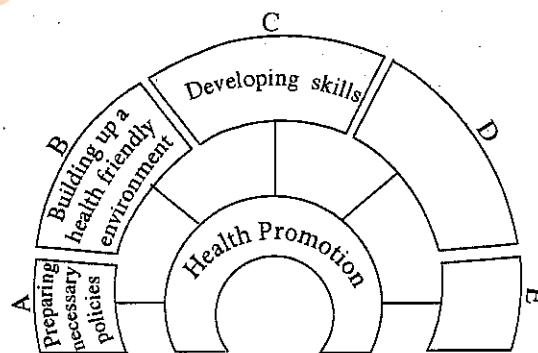
3. The suitable words to fill the blanks D and E in the given diagram which was provided during a group activity of a health and physical education class are

 - physical fitness and mental fitness.
 - adequate nutrition and engaging in exercises.
 - strengthening the community participation and reorganizing health services.
 - leisure and sleep.

4. The method you would recommend for a fisherman to preserve fish, so that he can consume them throughout the windy season is

 - Salting and drying.
 - Making 'Ambul Thiyal'.
 - Pickling.
 - Refrigeration.

● Methods by which a certain disease can infect a healthy person are shown in the diagram below. Use the diagram to answer questions 05 and 06.



5. This disease could probably be
 (1) Genital Herpes. (2) HIV/AIDS. (3) Syphilis. (4) Gonorrhoea.
6. The most dangerous condition about this disease is
 (1) the causative agent can live only in living cells.
 (2) the causative agent can enter the body through blood transfusion.
 (3) an infected person can lead a normal life without showing any symptoms for a long time.
 (4) there are no methods to control this disease condition.
7. All villagers appointed Raja as the chief organizer of the Sinhala and Hindu New Year Festival of the village. Raja organized this event successfully because he managed to get the support of villagers representing all races and religions.
 From the above information, it can be concluded that Raja is
 (1) a person with empathy.
 (2) a person having well-developed inter-personal relationships.
 (3) a creative thinker.
 (4) a person with self-understanding.
8. • My mother soaks green gram and other legumes in water for about 24 hours before boiling.
 • She adds tamarind, tomatoes etc. to foods when she prepares them.
 She follows the above practises with the intention of increasing
 (1) iron (Fe) absorption from foods. (2) vitamin C absorption from foods.
 (3) vitamin A absorption from foods. (4) iodine (I) absorption from foods.
9. Students stood in a semi-circle in front of the teacher with their hands in front. Students were instructed to act in opposite ways bringing their hands closer in response to the command "Big Fish", and moving their hands apart in response to the command, "Small Fish". Even though the rate of giving the commands was increased the students were expected to follow them accurately and the students who failed to follow the commands, and those who were slow to respond, were removed from the game.
 Which of the following skills will be mostly developed by engaging in the above activity?
 (1) Muscle movement and inter-personal relation.
 (2) Quick decision making skills and communication skills.
 (3) Correct decision making skills and inter-personal relation.
 (4) Correct decision making skills and quick decision making skills.
10. "I'm made of soft tissues which make up the lungs. I play a major role in gas exchange during respiration."
 I am
 (1) the trachea. (2) the nose. (3) a capillary. (4) an alveolus.
11. A runner starts his event immediately after he hears the 'sound of the pistol'. Which of the following systems will contribute to the above activity first?
 (1) Muscular system (2) Skeletal system (3) Nervous system (4) Respiratory system
12. Which of the following bad habit/s will directly cause harmful effects to the system you chose in the above question no. 11?
 (1) Increased time of sleep
 (2) Lack of exercise
 (3) Consumption of food containing salt, sugar and fats in excessive amounts.
 (4) Alcohol consumption and smoking
13. The mustard seeds he bought from the grocery store were contaminated with finger millet seeds. He has bought a/n
 (1) mixed food. (2) spoiled food. (3) adulterated food. (4) toxic food.
14. Niluka is a pregnant mother. Shanthi's child is six days old. Lalitha's child is one year old whereas Padma's child is two years old. The duty of the Public Health Midwife is to provide advice and guidance during pre-natal and neonate stages. She should give advice respectively to
 (1) Niluka and Shanthi. (2) Lalitha and Padma. (3) Shanthi and Lalitha. (4) Niluka and Padma.
15. John, who always shows signs of anxiety, has the habits of smoking and consuming alcohol. He prefers to eat high-acid, high-fat and spicy foods and skips meals. John is suffering from a disease condition.
 John would most likely be suffering from
 (1) diabetes. (2) oral cancer. (3) constipation. (4) gastritis.

- Four students who were ill were subjected to several medical tests and the results of the tests are given below (students are identified as A, B, C and D). Some symptoms that can be seen in these students are also listed.

- | | |
|---------------------------------------|--|
| A - Suffers from anemia | B - Suffers from goiter |
| C - Suffers from vitamin A deficiency | D - Suffers from diabetes |
| • Asha has an enlarged thyroid gland. | • Nisha looks pale. |
| • Isha has night blindness. | • Usha shows signs of frequent thirst. |

* Use the above information to answer questions 16 - 18.

16. Out of these students, 'A' can be identified as

- (1) Asha. (2) Nisha. (3) Isha. (4) Usha.

17. Iodized salt consumption must be recommended for

- (1) A. (2) B. (3) A and D. (4) B and C.

18. The student/s who is/are not suffering from a nutritional deficiency disorder is/are

- (1) Usha. (2) Nisha. (3) Asha. (4) Usha and Asha.

- Study the following pairs of incidents A, B, C, D and answer the questions 19 and 20.

First Incident	Second Incident
A - Taking precautions to avoid the formation of stagnant water bodies.	Spreading of Dengue vectors.
B - Brushing teeth appropriately using a proper tooth brush after each meal.	Preserving the wonders of teeth.
C - Refraining from alcohol consumption and smoking.	Suffer from undesirable health conditions.
D - Exclusive breast feeding the child in the first six months.	Improved health conditions of the child.

19. The pair of incidents of which the increase of the first influence the decrease of the second is

- (1) A, B. (2) A, C. (3) B, C. (4) B, D.

20. The pair of incidents of which the increase of the first influences the increase of the second is

- (1) A, B. (2) A, C. (3) B, D. (4) C, D.

21. The main objective of a school sports organization is to maintain all physical education programmes in the school at higher standards. The most suitable person for the post of the manager of the school's sports organization is

- (1) the principal.
(2) the deputy principal.
(3) the teacher in-charge of cricket or any other sport.
(4) the Health and Physical Education teacher.

22. Wesmi is standing on one foot. Nadan is standing still while Sarath is standing at ease. Jack is in hand stand position. Out of these persons, who has the most balanced position?

- (1) Nadan (2) Wesmi (3) Sarath (4) Jack

23. I wore a proper attire for that journey, which protected me from serpents, leeches, and other animals. During the journey, I got an understanding about the biodiversity. Further, I developed the skills of using a compass and reading maps. My journey was

- (1) a mountain climbing. (2) a forest exploration. (3) a walk. (4) a picnic.

24. The diagram shows how a person is lifting a weight. The method he is using is

- (1) incorrect.
(2) correct.
(3) correct to a certain extent.
(4) impossible to say whether correct or incorrect.



25. When organizing a sportsmeet, discipline and fair play should be practised

- (1) before and after the sportsmeet.
(2) before the sportsmeet and on the day of the sportsmeet.
(3) on the day of the sportsmeet and after the sportsmeet.
(4) before the sportsmeet, on the day of the sportsmeet and after the sportsmeet.

- 26.** We were practising the 'Dig Pass'; one of the receiving skills of volleyball. To improve that skill, our physical education teacher designed a game which uses the Dig Pass and we were engaged in the game according to rules and regulations set at the time of designing the game.

We were practising a/n

- (1) minor game. (2) organized game. (3) lead up game. (4) recreational game.

- 27.** I saw some students engaging in the following activities at the far end of the play ground.

- | | | | |
|---------|----------|----------------|-------------|
| • March | • Jog | • Skip | • Knee lift |
| • Kick | • Lounge | • Jumping Jack | |

These students were engaging in

- | | |
|-------------------------------------|-------------------------|
| (1) jumping activities. | (2) running activities. |
| (3) jumping and running activities. | (4) basic steps. |

- Use the following information to answer questions **28** and **29**.

Iresha was sitting in the pavilion, looking joyfully at Shan who was reaching the finish line of the 100 m sprint. Lal was watching the same while standing.

- 28.** Out of these three, who was/were in a static posture?

- (1) Lal (2) Iresha (3) Lal and Iresha (4) Shan and Lal

- 29.** Shan's posture is

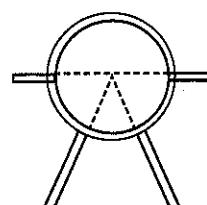
- | | |
|----------------------------------|-----------------------------------|
| (1) a dynamic posture. | (2) a static posture. |
| (3) a dynamic or static posture. | (4) a dynamic and static posture. |

- 30.** Which of the following event combinations fall into the category in which the command "On your mark, Set, Go (sound of the pistol)" is given to commence the race?

- | | |
|--------------------------------------|--|
| (1) 100 m, 200 m, 1500 m | (2) 4 × 100 m relay, 4 × 400 m relay, 1500 m |
| (3) 200 m, 4 × 100 m relay, Marathon | (4) 100 m, 4 × 100 m relay, 4 × 400 m relay |

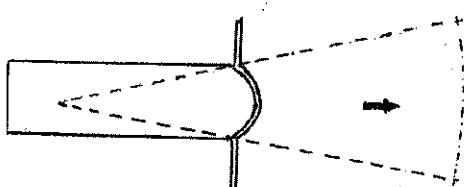
- 31.** Assume you are responsible for directing competitors of your house to the locations in which their events are held. Which competitors will you be sending to the playground in the given diagram?

- | |
|--|
| (1) Competitors taking part in shot-put |
| (2) Competitors taking part in discus throw |
| (3) Competitors taking part in shot-put and discus throw |
| (4) Competitors taking part in javelin throw |



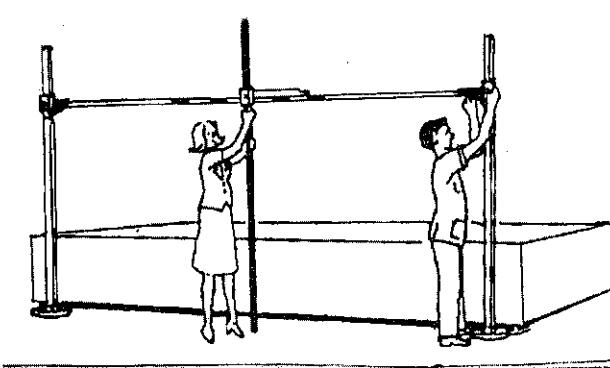
- 32.** Suppose you are assigned the duty of handing over the sport equipment for each event as well. What is the sport item that you will be handing over to the playground shown in the given diagram?

- | |
|-------------|
| (1) Discus |
| (2) Shot |
| (3) Javelin |
| (4) Hammer |



- 33.** The two officers shown in the diagram are arranging the equipment required for

- | |
|------------------------------|
| (1) High jump. |
| (2) Pole vault. |
| (3) High jump or Pole vault. |
| (4) Hurdles. |



34. The given diagrams show two ways by which the baton change is practised in a relay. Which of the following statements is correct about these baton changes?

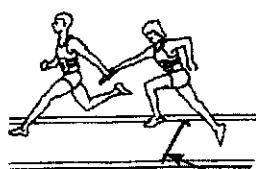


Figure I



Figure II

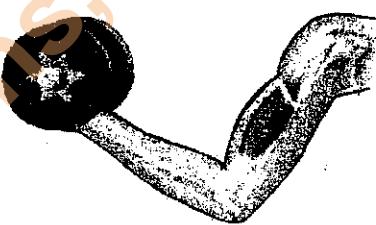
- (1) The baton change in **Figure I** is incorrect whereas the baton change in **Figure II** is correct.
- (2) The baton change in **Figure I** is correct whereas the baton change in **Figure II** is incorrect.
- (3) Baton changes in both figures are correct.
- (4) Baton changes in both figures are incorrect.

35. Which of the following statements is **incorrect** about a 4×100 m relay race in a standard 400 m track?

- (1) The first runner should take a Crouch Start.
- (2) The second runner should have the ability to run on a bend.
- (3) The third runner has to run a longer distance than the first runner.
- (4) The baton change should occur in the 20 m changing zone.

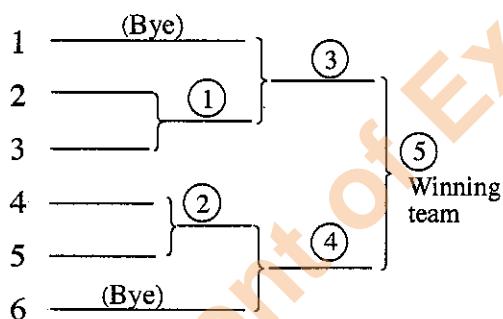
36. When a player lifts a weight using the elbow joint as shown in the diagram, his arm works as (a)

- (1) type I lever.
- (2) type II lever.
- (3) type III lever.
- (4) both type I and type III levers.

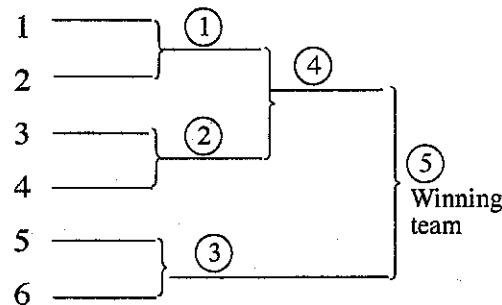


37. The diagrams show two fixtures set by two students P and Q, for a badminton tournament in which six (06) teams will be participating.

Student P



Student Q



Among the fixtures provided here,

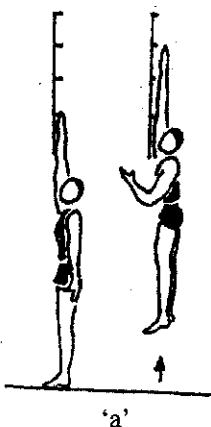
- (1) P is correct.
- (2) Q is correct.
- (3) P and Q are correct.
- (4) P and Q are incorrect.

38. Players of both the Red team and the Yellow team played well in a football game. However, Yellow team lost the game by one point. Red team left the field while celebrating their win justly, whereas the Yellow team left the field while scolding the referees.

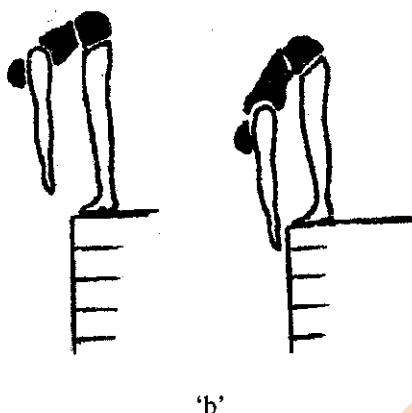
Based on the above incident, it can be concluded that players from

- (1) both teams are exceptionally talented.
- (2) Yellow team should undergo further training.
- (3) both teams show signs of sportsmanship.
- (4) Red team show signs of sportsmanship.

39. The major physical fitness qualities that are measured using the techniques shown in figures 'a' and 'b' are



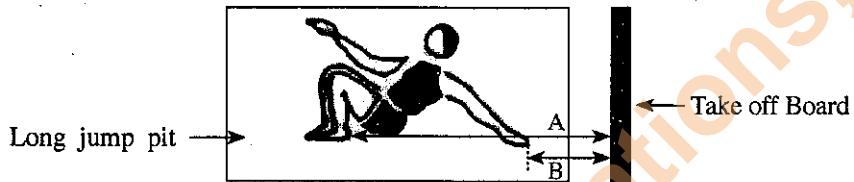
'a'



'b'

- (1) 'a' : Coordination ; 'b' : Agility
- (2) 'a' : Agility ; 'b' : Coordination
- (3) 'a' : Strength of the leg ; 'b' : Flexibility
- (4) 'a' : Flexibility ; 'b' : Strength of the leg

40.



Measurements A and B of the above diagram show how two judges recorded an athlete's distance of a jump after landing. Based on the above information your conclusion is that

- (1) measurement A is correct.
- (2) measurement B is correct.
- (3) both A and B measurements are correct.
- (4) both A and B measurements are incorrect.

* *

அதிவரை போட்டு கல்விக் கலை (சாமானா பெல்) விழாவை, 2015 தேவையிலிருந்து பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரிசீலனை, 2015 மிகச்சும்பற்றுகின்ற போதுமையை விடுதலை அனுமதி கொடுக்கிறேன்.

କେଣ୍ଟବିହୀନ ଓ ଆରିରିକ ଅଧ୍ୟାତ୍ମନ୍ୟ	I, II
ସକାତାରାମୁମ୍ ଉତ୍ତର୍କଳବିଯୁମ୍	I, II
Health and Physical Education	I, II

Health and Physical Education II

* Answer five questions only, selecting question No. 1, two questions from Part I and two questions from Part II.

1. The Past Pupils Association (PPA) of Rideegama Vidyalaya built a Holiday Resort for students with the intention of promoting their health by allowing them to adapt to a healthy lifestyle. In this Resort, instant food and junk food were restricted and balanced diets were always provided to improve nutritional status of students. The environment was kept clean and the stagnant water bodies around the premises were destroyed. A soft background music was played throughout the day. In the morning, a compulsory physical fitness programme was carried out according to a sound track. Games like volleyball and netball, and other minor games, were played in the evening. Various tournaments were organized to create enthusiasm among students.

All students were given a training on first aid techniques such as RICE method to manage minor injuries that could occur during activities.

It was compulsory for all students to practice religious activities prior to sleeping at night, which was followed by a meditation programme to end the day's activities.

(i) Name the **four** areas the PPA has focused on to build a healthy lifestyle.

(ii) Write **two** policies/principles the PPA has designed, to promote health of students staying in the Holiday Resort.

(iii) Explain **two** actions they have taken to reduce the occurrence of non-communicable diseases among students.

(iv) Name the nutrients that should be included in the balanced diets given to students.

(v) State one action taken by the PPA to protect students from communicable diseases.

(vi) Write **two** benefits the students can gain by participating in the physical fitness programme carried out by the Holiday Resort.

(vii) In the Holiday Resort except the organised games participated by students, state **two** other organized games that the students can practise using a ball.

(viii) Name **two** tournament methods that can be used to conduct the tournaments among students mentioned in the case.

(ix) Write the **four** steps of RICE method which was learned by the students, in the correct order.

(x) State a personal skill and a social skill that will be developed by engaging students in sports activities in the evenings.

(marks 02 × 10 = 20)

Part I

Answer only two questions.

2. Body mass index (BMI) of three students and two meal choices for lunch are given in the tables below considering the nutrition and using these information answer the following questions.

Student name	BMI
X	17
Y	23
Z	31

Meal	Food Items
①	Egg sandwiches - 03, Pastry - 02, Chinese rolls - 02, Cutlet - 01, A cola drink - 01 bottle, Ice cream - 01 cup
②	Rice - 01 cup, Dhal - 02 table spoons, Water - 01 glass, Toffee - 01

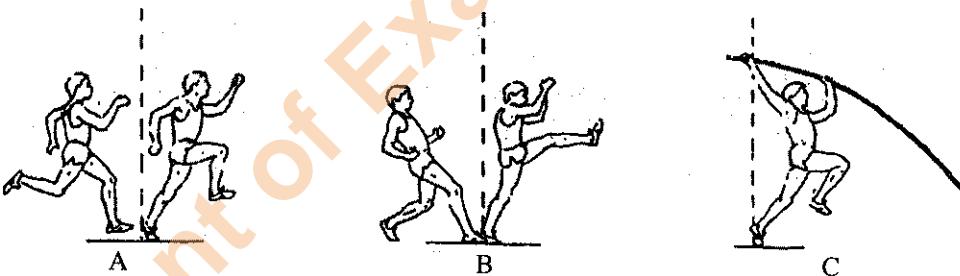
- (i) Write down separately, the students who may have consumed Meal ① and Meal ②. (02 marks)
(ii) Write two non-communicable diseases that may be prevalent among students who are frequently consuming meals like Meal ①. Provide reasons for your answer. (03 marks)

- (iii) (a) Write a nutritional problem that can result from consuming meals like Meal ② over a long period.
 (b) Name **four** food items that should be included in Meal ② in order to prevent nutritional problems and write one health benefit of each food item you have mentioned. (05 marks)
3. Use the below information about systems A and B to answer the following questions.
- A - Uptakes oxygen (O_2) from atmosphere and delivers to lungs. Uptakes carbon dioxide (CO_2) from lungs and expels to the atmosphere.
- B - Uptakes oxygen (O_2) from lungs and delivers to muscle cells. Uptakes carbon dioxide (CO_2) released from muscle cells and delivers to lungs.
- (i) Name the **two** systems A and B. (02 marks)
 (ii) Write **one** disease condition that directly affects the efficiency of system A, and **two** disease conditions that directly affect the efficiency of system B. (03 marks)
 (iii) Mention **five** practises that should be followed to preserve the wonders of these two systems in order to maintain a good health. (05 marks)
4. Explain, in brief, the ways you would follow to overcome the following challenges.
- (i) Your friend's mother tells you that your friend, who is sitting for G.C.E. (O/L) Examination next year, is studying in his/her room from morning till midnight without engaging in any other activity.
 (ii) You are standing in a bus and you observe that the seated passengers are not willing to offer a seat to a pregnant mother who got into the bus.
 (iii) You observe that three students from your class are threatening and bullying a new student who was admitted to your class recently, asking money to buy food from the canteen.
 (iv) Your sister in her pre-adolescent years is having very little amounts of food for her main meals saying that she would become fat and ugly if she consumes more food.
 (v) You observe that a child in your neighbourhood often plays alone in an isolated land near your house. (marks $02 \times 5 = 10$)

Part II

Answer only two questions.

5. (i) Explain **two** activities that you learned when practising the correct style of running. (02 marks)
 (ii) Take-off stages of three jumping events are shown in figures A, B and C. Mention the events related to figures A, B and C, separately. (03 marks)



- (iii) (a) Although Kumar was the first competitor to finish the hurdles event, three hurdles broke as his foot touched them (unintentionally). If you were a judge, what would be your decision regarding the above situation?
 (b) Spectators think that Kumar is a good sportsman. Considering sportsmanship, mention **four** characteristics Kumar may possess. (05 marks)
6. Use information about numbers of athletes and the muscle characteristics of the two athletes given in the table below to answer following questions.

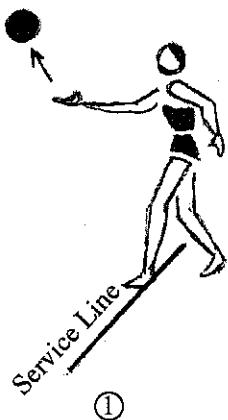
	Athlete No. 86	Athlete No. 53
•	Uses aerobic system as the main method to produce energy during the event.	Uses anaerobic system as the main method to produce energy during the event.
•	Muscle contraction rate is slower compared to athlete No. 53.	Muscle contraction rate is faster compared to athlete No. 86.

- (i) Write down the numbers of the short-distance runner and the long-distance runner separately. (02 marks)
 (ii) Mention the number of the athlete who is more suitable for the high jump event. State the reasons for your answer. (03 marks)

- (iii) Out of the two athletes, one athlete has a higher capillary density in his muscles and larger fat stores compared to the other athlete.
- Write down the number of the athlete with a higher capillary density and larger fat stores.
 - Explain separately, the reasons for the increase in capillary density and fat stores of this athlete.
- (05 marks)

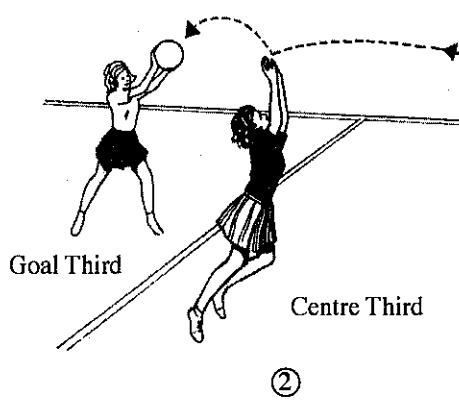
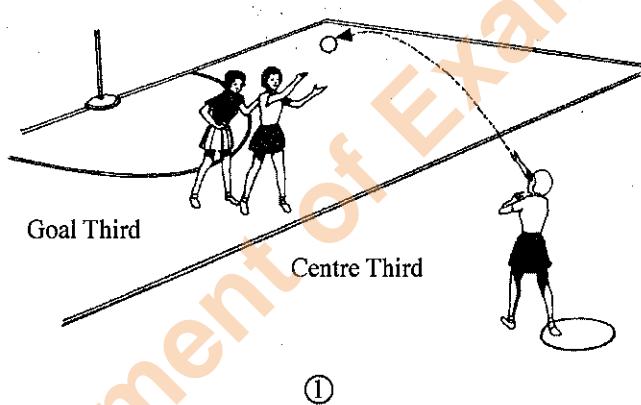
7. Answer only **one** question out of the questions **A**, **B** and **C**.

- (A)** (i) You have been appointed as the coach of the new volleyball team of your house. Explain your views about the two services shown in diagrams ① and ②.
- (02 marks)



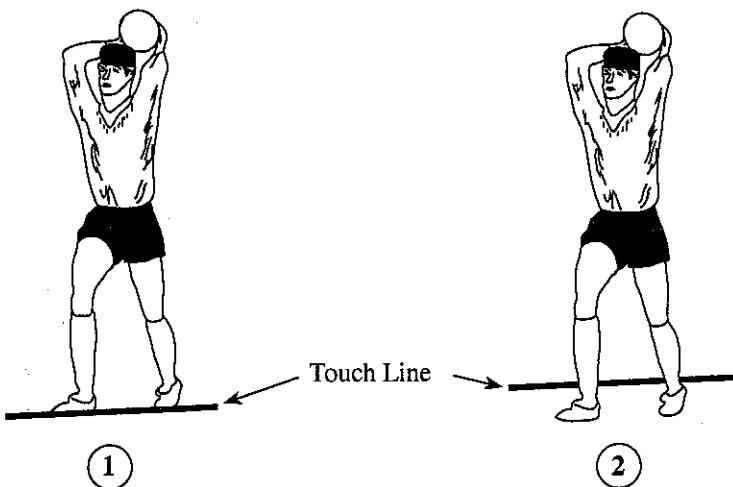
- (ii) Explain **three** instances in which the ball is considered 'out', to your team members. (03 marks)
- (iii) (a) In an inter-house volleyball match between the two teams 'Gemunu' and 'Thissa', after the ball was touched by two 'Gemunu' players, the third player hit the ball over the net and into the opponent's side ('Thissa'). Explain your decision regarding this situation.
- (b) Briefly explain **two** activities that you can use to train the new players for service.
- (05 marks)

- (B)** (i) You are appointed as the coach of your house's netball team. Explain your views about the two centre pass instances shown in figures ① and ② to your team members.
- (02 marks)



- (ii) Explain **three** instances in which a Toss up/Throw up will be awarded to a team during a netball match, to your team members. (03 marks)
- (iii) (a) During an inter-house netball match between the 'Red' team and the 'Blue' team, the Wing Attack-WA of the 'Red' team caught the ball which she dropped at the Centre Third, and passed it to the Goal Attack-GA of the 'Red' team. Explain your decision regarding the above instance.
- (b) Briefly explain **two** activities that can be used to train throwing and catching skills of new netball players.
- (05 marks)

- (C) (i) You have been appointed as the coach of your house's new football team. Explain your views about the two Throw-in instances shown in figures ① and ② to your team members. (02 marks)



- (ii) Explain three instances in which a player can be disqualified during a football match to your team members. (03 marks)
- (iii) (a) During an inter-house football match between the two teams 'Mayura' and 'Hansa', a player from 'Hansa' team kicked the ball toward the goal, and a player from 'Mayura' team intentionally touched the ball by hand at the penalty area, preventing the ball from reaching the goal line. Explain your decision regarding the above situation.
- (b) Explain two activities that can be used to train kicking skills of your new team members. (05 marks)

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